

Chapter 32

It's *No Acid-ent* Why Some People *Do Not* Get Sick

My yard was once infested with moles. An exterminator came out to my house and said, "Lady, to get rid of moles, you need to get rid of their food source (beetle larvae). Once you get rid of their food source, the moles will either starve to death or leave and go somewhere else."

This time I put another extra special request out to the Universe. I said, "Father, lead me to the alternative cure for cancer. Thank you."

So in May, I began searching and reading alternative medical books and articles and surfed the "Net" to find the cure.

When I began searching, I was led down an incredible path of discovery and enlightenment. I guess I was supposed to start with the basics, because the first revelation, the first step I came upon was "*why* people are sick today." I consider the information in this chapter to be **very** important and is the foundation to staying healthy and keeping from getting sick.

The information in this chapter is not a secret. I'm sure many people, including researchers and experts, already knew the answer to this "mystery" long before I stumbled upon it, but no one, to my knowledge, has ever tried to put it into simple words that the average person can understand.

The following is based on the evidence I gathered. For a more detailed and scientific explanation, please read a few of the reference books listed in my Bibliography section. Otherwise, the following is a *very* (and I mean *very*) simplified explanation as to why so many people are so sick today:

It all begins with the food we eat and its pH. The pH (potential hydrogen) in the food we eat is determined by its mineral content. A mineral's pH is classified as either alkaline or acid. (Being classified as acidic has nothing to do with how it tastes—sour or bitter.)

Alkaline minerals, to name a few, are calcium, manganese, magnesium, sodium, and potassium, and are found only in fruits,

The first mechanism is what is referred to as the “great alkaline reserve,” which keeps the blood’s pH in perfect balance (alkaline). For every action, there is a reaction! When we eat too much food containing high concentrations of acidic minerals, the body reacts by calling upon its “great alkaline reserve.” Stored alkaline minerals are then released in the blood and “bind” to the acidic minerals, thus neutralizing them. This causes the blood’s pH to stabilize and return to perfect balance—an alkaline pH of 7.3 to 7.45.

Too much acidic mineral residue in the human tissues is toxic! To bring the body’s tissues back to balance, there is another mechanism the body relies on—sweating. Our ancestors worked outside toiling in the hot sun, sweating out the toxins through the skin. Unfortunately, this is not the case today. We live in air conditioned houses, drive air conditioned cars, and exercise in air conditioned gymnasiums. We avoid sweating! Our ancestors also had an advantage over us. They did not have to contend with pollution, heavy metals, pesticides, herbicides, preservatives and many other chemicals, which are toxic to our cells. If these poisons are not sweated out, they remain in the cells and cause the cells to become “unbalanced.” The cell’s pH then becomes acidic.

Besides using the above two mechanisms, the body has another way of ridding itself of too much acidic mineral waste. It releases acidic minerals through the kidneys and the colon. For our ancestors, this was ideal. Their diet consisted of large quantities of fruits, whole grains, vegetables, seeds, etc., which made elimination a quick process. However, today it’s a different story. Most Americans’ diets consist of large quantities of highly processed foods and meat, which contain a high concentration of acidic minerals and are also very constipating. We also do not drink enough water. Thus, the elimination process is slowed down tremendously. When the elimination process slows down, the colon then has a chance to reabsorb the toxins and put them right back into circulation, where they go right back into the tissues.

Finally, if the cells in our bodies are “unbalanced” (acidic pH), this is when we become vulnerable to disease and cancer.

When we are told, “Eat your fruits and vegetables!” it’s not just about getting our daily vitamin requirements. According to some experts, for the body to stay in perfect “balance,” 80 percent of a person’s diet must consist of food containing alkaline minerals and the remaining 20 percent consist of food containing acid minerals. (NOTE:

Go to the end of the next chapter, Food for Thought, to read about an ideal healthy eating plan I recommend and follow myself.)

Some nutritionists believe that it is the food we eat that is causing disease and cancer. In fact, they are right on the money. The food we eat *is* an important co-factor of whether we stay healthy or whether we get sick. But there's something more to it than that. Maybe it is being suppressed, or maybe it is just being overlooked, or maybe it is being kept secret from the "public," but the *real* cause of disease and cancer is micro-organisms.

Then why have I written and placed so much emphasis on the body staying alkaline and balanced? What do micro-organisms have to do with balance and alkalinity? Answer: It's because cancer (viruses) and other disease-causing micro-organisms (mycoplasma) *cannot* thrive in alkaline (balanced) tissues. They can only thrive and flourish in "unbalanced" (acidic pH) cells weakened from the toxins from highly processed food and too much acidic mineral residue!

Is it no wonder then why so many people are sick today? Obviously, the food we choose to eat **does** play an important role in whether we stay healthy or whether we die from disease and cancer!

Today, due to the environment and the food we eat, our immune systems are weak, too. On the other hand, mycoplasma and viruses are growing stronger. Micro-organisms constantly monitor our pH and our immune system. They only attack us when we are down—when the situation is "right" and in their favor—when our defenses are weak and our cells are "unbalanced!!"

I found most of my statistics through the media, and I can safely guesstimate that today the majority of Americans are quite ill. Skeptical? You're on the right path. Skepticism is the first step in uncovering the truth.

In the 1980's, American hospitals were downsizing. The opposite is true today. Every hospital in the USA, along with the rest of the healthcare industry, is experiencing tremendous growth! Economics (the law of supply and demand) is the proof. Just count the number of drug commercials on TV! Today, all new jobs being created are in healthcare. According to a September 2006 *Business Week* article, the healthcare industry is now supporting the American economy! I'm afraid to say the following is true: "Death is now walking the Earth!"